

MAY 2022

FIREHOUSE GYM

GROUP FITNESS CLASSES

*STRENGTH & CONDITIONING

\$10 PER PERSON

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00 AM					BOOTCAMP W/ JOE	
5:45 AM				H.I.T.T SPIN W/ TRACIE		
6:00 AM	SPIN W/ CHRIS		SPIN W/ CHRIS			
8:30 AM	ENERGY W/ ANN		ENERGY W/ ANN		ENERGY W/ ANN	
9:30 AM			YOGA W/ JANICE			STRONG W/ VALERIE STRENGTH & CONDITIONING W/ ROBERT \$10 PER PERSON
9:45 AM	SILVER SNEAKERS				SILVER SNEAKERS	
10:30 AM	SILVER SNEAKERS		SILVER SNEAKERS		SILVER SNEAKERS	
5:30 PM	YOGA W/ JANICE	STRONG W/ VALERIE		STRONG W/ VALERIE		
6:00 PM			ZUMBA W/ BRIAN			
6:15 PM	H.I.T.T SPIN W/ TRACIE					
6:30 PM	ZUMBA W/ VALERIE	REB3L W/ TONYA				